



Well-being@Work

# HOW TO GET STARTED

in City of Boulder's Employee Well-being Program:  
Wellness Credit, Rec Pass, \$150 Cards & more!

## Take Advantage of Amazing Perks with Wellbeing@Work, The City of Boulder's Employee Well-being Program!

**Who is eligible?** All standard and fixed-term benefited City of Boulder employees who work 20 or more hours per week are eligible for Well-being@Work 2017 Wellness Credit & Incentive Program (\$150 Visa Debit Card through MyCigna).

**Did you decline medical insurance?** Employees who are medically eligible but decline coverage may also access MyCigna.com portal and earn limited Visa Gift Cards for completing various goals online through MyCigna. (Non-Cigna medical members can call 1-800-853-2713 with any questions about MyCigna).

**New Hires:** If you were hired after the open enrollment period during October and November, see "[New Hires How to Join Well-being@Work](#)" flyer. (Go to Boulder@Work and click on Well-being@Work logo to find flyer under "Well-being@Work Resources").

## HOW TO EARN YOUR 2017 WELLNESS CREDIT & REC PASS BY 10/26/16

Well-being Perk	Details / How to get started	Timeframe
<p><b>Do you have the city's Cigna insurance? If so:</b></p> <p><b>Earn your 2017 Wellness Credit AND a 2017 Rec Pass for completing a Health Assessment &amp; Biometric Screening</b></p> <p><b>What's a Wellness Credit?</b> \$15 /month if you have a \$500 or \$1,000 deductible, or \$30 /month if you have a \$1,500 deductible</p>	<p>The <b>MyCigna.com</b> wellness portal allows you to earn your 2017 Wellness Credit AND 2017 Boulder Recreation Pass</p> <p><b>GET STARTED:</b> Go to <a href="http://www.mycigna.com">www.mycigna.com</a> to enroll or sign-in. <a href="#">Watch video.</a> Use the <a href="#">MyCigna User Guide</a> for enrolling or answering additional questions.</p> <p><b>You MUST complete both requirements by 10/26/16</b></p> <ol style="list-style-type: none"> <li>1) Complete your <b>Health Assessment</b> online at MyCigna.com <ul style="list-style-type: none"> <li>• Allow 10 minutes to complete</li> </ul> </li> <li>2) Get your <b>Biometric Health Screening</b>, two options: <ul style="list-style-type: none"> <li>• Through <b>City of Boulder onsite screenings</b> in Fall 2016</li> <li>• <b>With your doctor.</b> Have your doctor complete the <a href="#">Wellness Screening Form</a> that you print and bring to your appointment &amp; submit to MyCigna by 10/26/16. <i>Note: Allow up to one month to see this as completed online at MyCigna.</i></li> </ul> </li> </ol>	<p><b>Both goals must be complete between 1/1/16 and 10/26/16</b> for 2017 wellness credit &amp; 2017 Rec Pass</p>


### Additional 2017 Rec Pass information:

**What's included with a Rec Pass?** Pass includes use of all City of Boulder recreation centers, outdoor pools, the Boulder Reservoir, over 100 drop-in fitness classes per week, and the option to purchase recreation passes for your immediate family members at the discounted fee of \$100 per family member. Use the "[Family Affidavit Form](#)" from the Well-being@Work website to get a discount.

**Are Rec Passes Taxed?** Yes. The value of the rec pass is a taxable benefit to you. You are taxed on \$11.50 per pay period (You are not paying an additional \$11.50 in taxes), the actual tax amount will be based on your income bracket, pre tax deductions and the exemptions you claim on your W4. Family members are not taxed.

**GET STARTED:** Complete both goals listed above **by 10/26/16**. Stop into any Rec Center to get your new pass /reactivate your existing pass **after 1/1/17**. (Unless you are a new hire, hired after open enrollment in Fall 2016. Refer to "[New Hires How to Join Well-being@Work flyer](#)".)

## HOW TO EARN UP TO \$150 OF VISA DEBIT CARDS IN 2016!

Well-being Perk	Details / How to get started	Timeframe
<p><b>Do you have the city's Cigna insurance or did you decline coverage yet opt into the wellness program? If so,</b></p> <p><b>Earn up to \$150 of Visa Debit Cards for reaching wellness goals online at MyCigna.</b></p> 	<p>The <b>MyCigna.com</b> wellness portal allows you to earn up to \$150 of Visa Debit Cards this year for reaching various wellness goals (health coaching, preventive exams, etc). Goals are based on age and gender so they may differ between employees.</p> <p><b>GET STARTED:</b> Go to <a href="http://www.mycigna.com">www.mycigna.com</a> to enroll or sign-in, click on "My Health," then click on "Incentive Awards."</p> <p>Use the <a href="#">MyCigna User Guide</a> for enrolling or answering additional questions.</p> <ul style="list-style-type: none"> <li>• All goals (with the exception of preventive screening goals) must be completed between <b>1/1/16 – 12/31/16</b></li> <li>• Preventive screening goals must be completed by <b>9/30/16</b>.</li> <li>• Be sure to redeem your gift cards by <b>12/31/16</b>. Click the link "<b>Redeem Your Dollars</b>" on the "Incentive Awards" page at MyCigna. Complete the required information such as shipping address.</li> </ul>	<p><b>Goals must be earned between 1/1/16 – 12/31/16</b> to receive up to \$150 of Visa Debit Cards.</p> <p><b>Preventive exam goals</b> are an exception and must be <b>completed with Cigna &amp; submitted to MyCigna by 9/30/16</b></p>

## Wellbeing@Work ADDITIONAL ENROLLMENT PERKS!

Well-being Perk	Details / How to get started	Timeframe
<p><b>Free Rec Class:</b> Choose a class listed in the Parks and Recreation guide</p> <p><i>(Must be a Well-being@Work Rec Pass holder)</i></p>	<p>Free classes are available to you and your family members (that have purchased a discounted facility pass). You and your family can take one additional class per quarter at a 10% discount.</p> <p><b>GET STARTED:</b> To view all the classes go to the <a href="http://www.BPRfitness.org">www.BPRfitness.org</a></p> <p><b>Register THREE days prior</b> to class start date in person at any recreation center or over the phone @ 303-413-7270.</p> <p><b>Exclusions:</b> Contractual programs (tennis, dance &amp; pottery), special interest (drama, art &amp; guitar classes), competitive programs (teams/leagues) and private/semiprivate lessons.</p>	Every quarter
<p><b>Free CPR/AED/First Aid certification classes</b></p> <p><i>(free for all employees including seasonal employees)</i></p>	<p>Classes are offered through Risk Management and Parks and Recreation.</p> <p><b>GET STARTED:</b></p> <ul style="list-style-type: none"> <li>• Classes offered by <b>Risk</b> can be found on <b>Boulder@Work</b>: click on "employee tools," then "training and development," then "safety training."</li> <li>• Classes offered by <b>Rec</b> can be found under fitness classes on the <b>Parks and Recreation</b> web pages. <a href="http://www.BPRfitness.org">www.BPRfitness.org</a> Click on "online registration" under the "Classes" heading, then "register for programs," choose "fitness" from the drop down list, click on "First Aid/CPR" to see dates and times.</li> </ul>	Once per year
<p><b>Free consultation:</b> One free session with a dietitian, personal trainer, physical therapist, or health coach every year</p> <p><i>(Must be a Well-being@Work Rec Pass holder)</i></p>	<p>Personal trainers can also set you up with a fitness program you can do in the gym or at home! Specialists can travel to any of the rec centers that work best for you.</p> <p><b>GET STARTED:</b> Contact Summer Kennedy via email <a href="mailto:KennedySu@bouldercolorado.gov">mailto:KennedySu@bouldercolorado.gov</a> to schedule your session with your specialist.</p> <p>Go to <a href="http://www.BPRfitness.org">www.BPRfitness.org</a> to select your preferred specialist or let Summer Kennedy recommend a specialist that fits your needs.</p>	Once per year

<b>Well-being challenges, programs, events &amp; more!</b>	<p>Participate in city-wide well-being challenges, programs, events and screenings and earn additional prizes!</p> <p><b>Includes:</b> Walking Wednesday (May – October), stress management programs, ActiveFit Bracket Royal (Summer), October 4<sup>th</sup> Well-being Fair, and more!</p> <p><b>GET STARTED:</b> See all upcoming events, challenges and programs by visiting <b>Boulder@Work</b> website, then clicking on <a href="#">Well-being@Work</a> link.</p>	Ongoing
<b>YMCA monthly membership discount</b>	<p>Receive \$10 off any membership each month for City of Boulder employees.</p> <p><b>GET STARTED:</b> Contact your Boulder Valley YMCA for information. Locations at Boulder (Mapleton Center), Lafayette (Arapahoe Center) &amp; Longmont and bring proof of employment: pay stub, work ID, business card. <a href="#">See YMCA employee discounts.</a></p>	Ongoing
<b>Weigh and Win Program</b>  <i>(free for all employees including seasonal employees)</i>	<p>Get paid to achieve a healthy weight with the Weigh &amp; Win program. Weigh and Win kiosks are located at East &amp; North Boulder Recreation Centers.</p> <p><b>GET STARTED:</b> Call 303-694-8007 or <a href="http://www.weighandwin.com/">http://www.weighandwin.com/</a> or stop into a kiosk location.</p>	Ongoing

## Wellness Perks for those who did NOT enroll in the wellness program by completing the HRQ and the health screening OR are seasonal employees, interns, or temporary employees.

- Standard, seasonal, interns and temps can attend CPR/AED classes offered by Risk Management and Parks and Recreation at no cost.
- All employees can participate in Weigh & Win Program.
- All employees can participate in city sponsored wellness challenges, events, programs, Walking Wednesdays, and skin cancer screenings through Wellbeing@Work
- Non Parks and Recreation seasonal employees can purchase a 25% discount on a recreation annual pass or punch card from the main administration office at 3198 Broadway next to the North Recreation Center. The form is located on the Well-being@Work website, "[Seasonal Facility Use Pass Form](#)" form.
- Standard employees can purchase the Chamber Partnership Pass, annual passes, punch cards, and Chamber discount of 10%. These can be purchased at any recreation center. If you have a family, the family pass sold through Parks and Recreation is the most economical option.
- All employees can attend the annual October 4<sup>th</sup> Well-Being fair.

## More information online:

- **Well-being@Work program:** Go to **Boulder@Work** homepage, click on the **Well-being@Work** Logo or go to: <https://work.bouldercolorado.gov/wellbeing>
- **Rec Centers:** (drop-in fitness or mind/body classes, pool schedules, and childcare) Go to [www.BoulderParks-Rec.org](http://www.BoulderParks-Rec.org).

## Questions?

- **Rec Centers questions, contact:** Summer Kennedy at [kennedysu@bouldercolorado.gov](mailto:kennedysu@bouldercolorado.gov) or 303-413-7264
- **Well-being@Work questions, contact:** Dana Wisniewski, Well-being Coordinator [wisniewskid@bouldercolorado.gov](mailto:wisniewskid@bouldercolorado.gov) or 720.564.2071

